



Your source of information for MWR, CYP, Fleet & Family Support Center,
Family Housing at Naval Support Activity Saratoga Springs
<https://www.cnic.navy.mil/saratoga>

the



Saratoga *sailor*

October 2011
Naval Support Activity
Saratoga Springs

Halloween Party

JOIN MWR FOR A FRIGHTFUL NIGHT

Friday, October 28 from 5 to 7 p.m.

Food

THIS IS A FREE EVENT

Games

Costumes

**And lots
of fun!**



**KIDS AND ADULTS ARE ENCOURAGED TO
DRESS IN COSTUME.
RSVP AT (518) 885-5138 EXTENSION ONE.**



Basketball League

The first coaches meeting will be on Wednesday, October 19 at 11 a.m. Rules, regulations and scheduling will be discussed.

New York Capital District Family Readiness Group (FRG)

Call (518) 885-5138 extension one for rentals, info, general information, extension two for sports and special events.

Radio City Music Hall Christmas



Spectacular

On Saturday, November 12, ticket price to be determined. During the month of October tickets for the show will be on sale through MWR.

Weekly Newsletter

Every Monday a MWR weekly newsletter is distributed via email. The newsletter contains all upcoming MWR events and deals. To be added to this list, please email jwheeler_nsumwr@nycap.rt.com.

The FRG has had a wonderfully busy summer! We participated and raised funds in the Military Housing Garage Sale by setting up a bake sale table and offering home-made confections to shoppers! We had a lovely Ladies Night in home pedicure night and made some new friends at some of the recent meetings!

FRG Meetings continue to be held the second Thursday of each month in the Resource Center on base. Our October meeting will be on the 13 of the month and we will be playing BINGO after the business part of the meeting is concluded. This event is always a good time, we'll have prizes and we'll also discuss upcoming events and activities.

We always hope to see some new faces at our monthly meeting, so feel free to bring a friend and as always children are welcome. If you have any questions please feel free to email Melanie at melanie_kristin@yahoo.com or by searching us on Facebook at New York Capital District FRG.



CHILD AND YOUTH PROGRAM NEWS

Our Navy certified Child Development Homes (CDH) providers currently have openings for part time and full time childcare. Some of the benefits of using a CDH provider include:

- CDH encourage mixed age groups allowing for siblings to be cared for in the same environment
- Small group environment for children and or parents who need or want that type of experience
- Allows children to be cared for in their own neighborhoods

- Demonstrates the military's commitment to ensuring safe, healthy child care programs run by professional and nurturing adults through screening, training, certification, and monitoring of providers

The Child and Youth Program is currently offering a 4-H Military Club for military families and their children. Our current club members are gearing up for their first public presentation day and look forward to welcoming new members to join the club! If your child would like to participate, please contact the CYP office at 886-0200 extension 161.

The School Liaison Officer Parent Handbook is currently available for viewing on our website. The handbook includes the following information:

- Managing inbound/outbound school transfers
- Information on local schools and boundaries
- Factors influencing school choice
- Information about graduation requirements
- Points of contact for military and community agency referrals
- Understanding the special education process
- Home schooling regulations

If you have any questions, please feel free to stop by the Child and Youth Program office located in the Fleet and Family Support Center or call (518) 886-0200 extension 161.

SARATOGA SPRINGS PHONE LIST

24/7 Sexual Assault Crisis Hotline (518) 587-2336

Child & Youth Program (518) 886-0200 ext. 161

Commissary.....(518) 581-2180
 Sunday & Monday.....Closed
 Tuesday, Wednesday,10 a.m. to 6 p.m.
 Friday & Saturday
 Thursday10 a.m. to 7 p.m.

Family Housing(518) 886-0200 ext. 125

Fleet & Family Support Center.....(518) 886-0200 ext. 146

ID Card Services (DEERS/RAPIDS)

DMNA – Latham(518) 786-4406
 ANG 109th Airlift Wing – Scotia(518) 344-2436
 NSA – Saratoga(518) 886-0200 ext. 111

Medical & Dental Saratoga Springs.....(518) 583-5300
*All active duty must call 1-888-NAVYMED
 for an appointment to medical.*

Navy Federal Credit Union1(888) 842-6328
 Monday through Friday9 a.m. to 4:30 p.m.
 ATM – on siteAvailable when gate is open.

NEX Barber Shop(518) 884-1823
 NPTU access required
 Monday through Thursday7:30 a.m. to 3:30 p.m.

NEX Saratoga Mini-mart.....(518) 584-7426
 Monday through Friday7 a.m. to 8 p.m.
 Saturday9 a.m. to 6 p.m.
 Sundaynoon to 4 p.m.

NSA Weather Line(518) 886-0115

Ombudsman Points of Contact

Medical/Dental(518) 810-3687
 NOSC(518) 361-3310
 NPTU(518) 281-9907
 NRD NE.....(518) 788-2961

Outdoor Recreation Center–Saratoga(518) 885-5138
 Monday6 a.m. to 6 p.m.
 Tuesday through Thursday6:30 a.m. to 6 p.m.
 Friday6:30 a.m. to 7 p.m.
 Saturday7 a.m. to 4 p.m.
 Park is open Monday through Saturdays.....7 a.m. to Sunset
 Sundays and Holidays.....8 a.m. to sunset

Personnel Customer Service Desk.....(518) 886-0200 ext. 173
 Monday through Friday7:30 a.m. to 4 p.m.

Personal Property(518) 886-0200 ext. 116 or 117
 Processing Office

Fall in Saratoga Springs

Don't fall for just anything when it comes to your housing rights! Remember, as a tenant you have rights to protect you and help guide you through a smooth tenancy. New York State Attorney General's Office (SAG) in Albany has a full staff of professionals ready to help guide you when it comes to tenant's rights. The Saratoga Navy Housing Office works in unison with United Tenants Rights office in the SAG's office to help you with your housing needs.

With winter just around the corner, it's important to remember to winterize your home in preparation for the frigid temperatures ahead.

- Check doors and windows for any leaks and work with your landlord to properly seal them to keep the cold out and the heat in! That includes putting away the air conditioners. Make sure you have the right storm windows up and latched properly to avoid gaps.
- Put away any water hoses, yard equipment or toys. When you start up and run that snow blower, you don't want anything but snow going through it!
- Clean out your gutters or ask the landlord to have it done.
- Have the furnace serviced to ensure it is in good working order and remember to change the filters monthly.
- Talk to your landlord about how to keep "critters" in the wild and out of your attic.
- Prepare your house, garage, or entryway so that you'll have a place for snowy, wet boots.
- Don't use your chimney unless it has been professionally cleaned and checked for safety.
- Reverse your ceiling fan from summer operation to winter. The fan will push warm air downward and force it to re-circulate keeping you more comfortable and heating costs down. Hint: When looking up at the fan, the blades should be turning clockwise.
- Before the first sub-freezing night temperature, make sure the water to your hoses is shut off inside your house and the lines are drained. If you don't know what that entails call your landlord for guidance or ask him to help you winterize the house. He'll be very happy you're thinking in terms of protecting his property!
- Finally, check those alarms! This is a great time to check the batteries on your smoke and carbon monoxide alarms. And TEST them to make sure they are working!

For more information or help with your housing needs, contact the professionals at

The Navy Housing Office
 26 Quiet Harbor Drive
 Saratoga Springs, N.Y. 12866
 (518) 886-0200 extension 124

Front Gate Hours

Monday through Friday6 a.m. to 8 p.m.

Saturday.....8 a.m. to 6 p.m.

Sunday11 a.m. to 5 p.m.

**Naval Support Activity will be
closed on Monday, October 10.**



For information, an appointment or confidential counseling for individual, couples and families, call (518) 886-0200 extension 146.

OCTOBER CLASSES

Tue. 4th	Stress Management
	FFSC classroom, 1 to 2:30 p.m.
Wed. 5th	Resumes
	FFSC classroom, 1 to 2:30 p.m.
Thu. 6th	Credit Management
	FFSC classroom, 1 to 2:30 p.m.
Tue. 11th	Suicide Prevention
	FFSC classroom, 1 to 2:30 p.m.
Wed. 12th	Interviewing Techniques
	FFSC classroom, 1 to 2:30 p.m.
Thu. 13th	Car Buying
	FFSC classroom, 1 to 2:30 p.m.
Mon.-Thu. 17th-20th	TAP (Pre-retirement)
	Resource Center, Mon.-Wed. 8 a.m. to 4 p.m., Thu. 8 a.m. to noon
Tue. 18th	Anger Management One
	FFSC classroom, 1 to 3:30 p.m.
Wed. 19th	Internet Job Search
	FFSC classroom, 1 to 2:30 p.m.
Thu. 20th	Home Buying/Renting
	FFSC classroom, 1 to 2:30 p.m.
Tue. 25th	Parenting: One to Three Years Old
	FFSC classroom, 9:30 to 11 a.m.
Tue. 25th	Anger Management Two
	FFSC classroom, 1 to 3:30 p.m.
Wed. 26th	Job Search Basics
	FFSC classroom, 1 to 2:30 p.m.
Thu. 27th	Advanced Ombudsman Training
	FFSC classroom, 9:30 to 11 a.m.
Thu. 27th	Savings & Investments/TSP
	FFSC classroom, 1 to 2:30 p.m.
Fri. 28th	AAA Driver Improvement
	FFSC classroom, 7:30 a.m. to 4 p.m.

NOVEMBER CLASSES

Tue. 1st	Spouse 101
	FFSC classroom, 10 to 11:30 a.m.
Tue. 1st	Couples Communication
	FFSC classroom, 1 to 2:30 p.m.
Wed. 2nd	Internet Job Search
	FFSC classroom, 1 to 2:30 p.m.
Thu. 3rd	Budgeting for the Holidays
	FFSC classroom, 1 to 2:30 p.m.
Tue. 8th	AAA Driver Improvement
	FFSC classroom, 7:30 a.m. to 4 p.m.
Wed. 9th	Resumes
	FFSC classroom, 1 to 2:30 p.m.
Thu. 10th	Credit Management
	FFSC classroom, 1 to 2:30 p.m.
Mon.-Thu. 14th-17th	TAP (Pre-separation)
	Resource Center, Mon.-Wed. 8 a.m. to 4 p.m., Thu. 8 a.m. to noon
Tue. 15th	Suicide Prevention
	FFSC classroom, 1 to 2:30 p.m.
Wed. 16th	Interviewing Techniques
	FFSC classroom, 1 to 2:30 p.m.
Thu. 17th	Car Buying
	FFSC classroom, 1 to 2:30 p.m.
Tue. 22nd	Anger Management One
	FFSC classroom, 1 to 3:30 p.m.
Wed. 23rd	Budgeting for the Holidays
	FFSC classroom, 1 to 2:30 p.m.
Tue. 29th	Anger Management Two
	FFSC classroom, 1 to 3:30 p.m.
Wed. 30th	Job Search Basics
	FFSC classroom, 1 to 2:30 p.m.

**Registration required at least two days in advance for all classes.
To register, call (518) 886-0200 extension 146.**

DOMESTIC VIOLENCE HURTS US ALL

What is Domestic Violence?

Domestic violence is a pattern of behavior used to establish power and control over a spouse or intimate partner through fear and intimidation. It often includes threats or use of violence.

Domestic violence takes many forms and generally falls into one or more of the following categories:

Physical Attacks – The abuser's physical attacks or aggressive behavior can range from bruising to murder. It may begin with seemingly minor acts, such as pushing or restraining, but often escalates into more frequent and serious attacks.

Sexual Abuse – Physical attack by the abuser is often accompanied by, or culminates in, sexual violence wherein the woman is forced to have intercourse with her abuser or take part in unwanted sexual activity.

Psychological Attacks – The abuser's psychological assaults can include constant verbal abuse, harassment excessive possessiveness, isolation from friends and family, deprivation of physical and economic resources and destruction of property.

You're Fleet and Family Support Center is committed to preventing family violence in our military community. Through education, advocacy, workshops and intervention programs, the center plays a key role in violence prevention by raising awareness about the scope, nature and impact of family violence, educating the Navy community about productive ways to cope with family conflict, and by providing support when abuse occurs. The center's Family Advocacy Program (FAP) and Domestic Violence Awareness Month (October) is intended to increase awareness and stop violence.

Did we meet your needs? Let us know! http://ice.disa.mil/index.cfm?fa=site&site_id=589

Check out NSA's website. If you get a security warning, it is ok to continue. <https://www.cnic.navy.mil/Saratoga/index.htm>

On Facebook? Add NSA Saratoga Springs's Fan Page <http://www.facebook.com/NSASaratogaSprings>